

Hepatitis B

Adults who need hepatitis B vaccine:

- Health care workers and others with on-the-job risk
- Developmentally disabled persons and staff working with them
- Persons who live with or care for a person with hepatitis B
- Persons who have sex with a person with hepatitis B
- Men who have sex with men
- Persons with more than 1 sex partner in the last 6 months
- Persons with a sexually transmitted disease (STD)
- Dialysis patients
- Persons with acute or chronic liver diseases
- Persons with HIV
- Injection drug users
- Foreign born persons from places where hepatitis B is common
- Some travelers
- All persons who want to be safe from getting hepatitis B

Everyone needs
shots to protect
them from these
diseases

Paying for Vaccines

Adults who are uninsured or have health insurance that does not cover the cost of vaccines should check with their Local Health Department (LHD) about getting vaccines for free or reduced cost. Adults who have health insurance that covers vaccines (including Medicare or Medicaid) should speak with their doctor or LHD about where to get their immunizations.

Are you traveling out of the country?

You may need additional vaccines. Check with your doctor, your local health department, or the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/travel>.



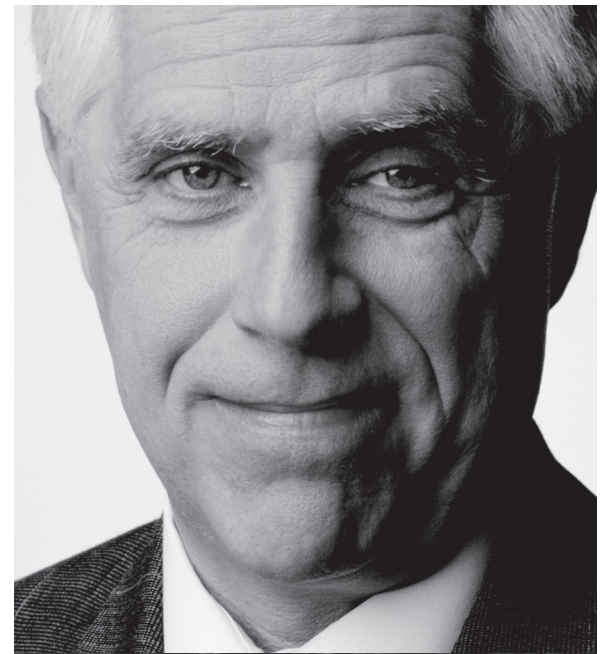
Where to go for more information

- Your health care provider
 - Your local health department
 - Centers for Disease Control and Prevention (CDC)
- INFO Contact Center:
- English and Spanish
 - 800-CDC-INFO
 - 800-232-4636
 - TTY 888-232-6348



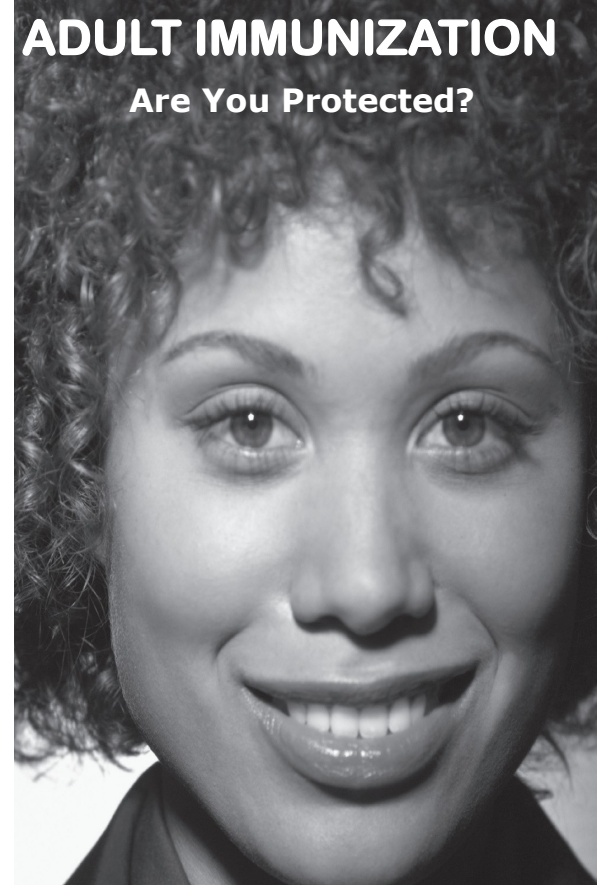
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ADULT IMMUNIZATION

Are You Protected?



Meningococcal (meningitis)

Adults who need meningococcal vaccine:

- College freshmen living in dormitories
- Persons with persistent complement component deficiencies
- Persons with a removed or damaged spleen (such as with sickle cell anemia)
- Military recruits
- Lab staff working with these organisms
- Some travelers

Adults who remain at an increased risk for meningococcal disease may need a second dose of this vaccine five years after their first dose (except for college freshman living in a dorm).

Human Papillomavirus (HPV)

- There are two HPV vaccines: a quadrivalent vaccine (HPV4) to prevent cervical, vaginal and vulvar cancers (in females) and genital warts (in females and males), and a bivalent vaccine (HPV2) to prevent cervical cancers in females.
- All women through 26 years of age should receive a HPV4 or HPV2 vaccine series.
- All males through 26 years of age may receive a HPV4 vaccine series to reduce their risk of getting genital warts.

Zoster (shingles)

Adults 60 years and older who wish to reduce their risk of getting shingles should get zoster vaccine.

Influenza (Flu)

All adults are recommended to get flu vaccine every year.

Flu vaccination is especially important for:

- Pregnant women
- Health care workers
- Persons with long-lasting health problems (such as diabetes, asthma, sickle cell, lung, heart, liver, or kidney diseases)
- Persons who live with or care for persons at high risk (listed above)
- Persons who live with or care for infants and children

Some adults can receive the nasal spray flu vaccine.

Hepatitis A

Adults who need hepatitis A vaccine:

- Persons who live with or care for a person with hepatitis A
- Persons in close contact with an adopted child from a place where hepatitis A is common
- Men who have sex with men
- Persons with blood clotting factor disorders
- Persons with acute or chronic liver disease
- Persons who use illegal drugs
- Some travelers
- All persons who want to be safe from getting hepatitis A

Varicella (chickenpox)

Adults can get chickenpox too! All adults born in the U.S. in 1980 or later who have not had chickenpox should receive varicella vaccine. If you received only one dose of varicella vaccine in your lifetime, you need a second shot.

Tetanus-Diphtheria-Pertussis (Tdap)

Adults up to 65 years need one dose of Tdap if they:

- Are living with or caring for an infant under age 12 months
- Are a health care worker
- Have never had a dose of Tdap

Tetanus-Diphtheria (Td)

Adults who have had Tdap or are 65 and older need Td if:

- It has been 10 years or more since their last shot of Tdap/Td
- They have a wound and it has been 5 years since their last shot*

* If in doubt, ask a nurse or a doctor to look at the wound.

Your Shot Record

- You should be given a record of the vaccines that you have received. Keep it, and carry it with you every time you visit your doctor or nurse.
- The Web-based Immunization Registry Database (WIZRD) can keep your record for you. Ask your doctor or nurse to enter your immunization record into WIZRD to ensure that your immunizations are always up to date and the information is stored in a safe location.
- Make sure you and your loved ones get all needed vaccines.

